



# Mental Health in Schools Team Tips For Wellness



7<sup>th</sup> to 13<sup>th</sup> October  
- Dyslexia  
Awareness Week!

## Listening

Over 10% of the population has a story to share about dyslexia (that's more than 6.7 million stories!) Everyone is unique and their experience of this can be unique too, Dyslexia Awareness Week (7<sup>th</sup>-13<sup>th</sup> October) is a chance for us all to listen to these stories and learn more.

It's important to be aware of dyslexia, so that you can challenge misconceptions and promote a dyslexia friendly environment. Take time to learn about the facts online and promote awareness through supporting Dyslexia Awareness Week! You may make a big difference to someone's story.

### Our tips for listening:

1. This year's theme for Dyslexia Awareness Week is *'What's Your Story?'* Find out how other people experience dyslexia by asking them if they feel comfortable to share their story. Ask them about the challenges they face and how they overcome them. Remember to **be kind** when people are talking and show active listening! Share your story here:



2. Listen to Sophie's story to hear about the struggles she faces with dyslexia and the strategies she uses to help her overcome her difficulties. Discuss as a class what children may find difficult themselves, as well as sharing their strengths and how they can support each other.



*Sophie's story*

3. Follow the QR code to some Twinkl resources that can be used in the classroom throughout Dyslexia Awareness Week:



*Teacher resources*

4. As a class, you could read *'Thunderboots'* by Naomi Jones to help children understand dyslexia (*suitable for primary-aged children*).

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**